

This book is dedicated to my mother, God bless her, with the love and knowledge that she is in a better place.

It is not my intention to bore you with stories of what I heard about anyone else. I am not a doctor, nor have I ever had any medical training, apart from a saint Johns ambulance certificate, which was achieved during my school years. I have however, carried out a considerable amount of research into this condition of heart disease and angina, (Thoughts of an early a death have been a good motivator) and using the information found, seem to have found an enjoyable patch if not a solution to the debilitating, frustrating, aggravating, at times frightening, and painful malady.

This is my story.

## **PART 1**

### **The Condition**

Back in 1995 at the age of 38, I had just started a new job as a building maintenance operative for a firm in Macclesfield. It was an excellent job with a lot of scope. I was attending to windows at a building society in Sale, Manchester. I had been there all morning and had just finished my lunch when I went to climb the ladder again. On reaching the third rung, I had a pain in my chest and didn't feel very well, I put it down to indigestion, sat back down for 5 minutes and tried again. Exactly the same thing happened again. To be on the safe side, I phoned my wife and asked her to make me an appointment at the doctors for that evening, which she made for 6 pm.

I made my way to the doctors, which was not a common experience for me at the time. The doctor said, we had better do an ECG and see if everything is OK. I was called back to the doctors office, the news was not good, in fact it was devastating. I'm afraid you have angina, we better get you to Wythenshaw hospital to see how bad it is. I said, so you think I might have angina. He said no, I am telling you, you have got angina and we need to find out the state of your cardio vascular system. You will have to stop the type of work you do it is too strenuous. We'll make you an appointment.

It was like someone had hit me with a sledgehammer. He then proceeded to hit me with blow after blow. Does anyone in your family suffer with heart disease. The answer was yes, my mother has it and my father died of it at the age of thirty six. The gist of the rest of the conversation was, your a goner, it's in your genes.

### **MISTAKE NUMBER 1**

**I BELIEVED!** Everything he was telling me.

During the angiogram, two partially blocked arteries were discovered and angioplasty was performed. I didn't feel any real benefit from the procedure on leaving hospital, so another couple of months later I found myself having another angiogram. This time a small artery at the back of my heart was discovered that was completely blocked. An attempt was made to clear it, but this resulted in damage to the artery, which then needed a stent to contain the damage the artery stayed blocked and nothing else could be done at this time. This of coarse meant that there was no change in my condition.

What followed next was a visit to the dietitian who informed me to eat very lean meat, vegetable margarines, no saturated fats etc. etc.

My cholesterol was high, it was hovering around twelve, even with the maximum dose of statins and a host of other drugs, it was only down to six or seven. I followed most of the dietary recommendations but to no avail, it would not go any lower. Of course the doctor was relentless, every visit was dominated with the words, we must get this cholesterol lower, which of course only increases the stress, which only serves to enhance your problems. Do not blame your doctor, he knows no better, after suffering years of trauma based mind control training on very little sleep, his subconscious mind was opened to suggestions that programmed him to not question, just do, thus enabling him to administer treatments that can, and often do, kill. In their own minds they mean well. Either that or the fear of the loss of the large grant they receive or peer pressure humiliation drives their decisions.

## **MISTAKE NUMBER 2**

**I BELIEVED!** It was my fault and that cholesterol was causing all my problems.

At this point I thought, well, I've been plastering most of my life, which is like doing aerobics on steroids, with weights, so it can't be lack of exercise. It *must* be inherited. As you can see things didn't look good for me. I carried on in this frame of mind while doing some research on the subject.

Then suddenly in February 2010, I set out of the house on foot to visit my mother as she didn't live very far away. The street I live on is on a small incline, and I had only taken about ten paces up the hill, when I suddenly didn't feel very well and had a very oppressive feeling throughout my upper body and in my arms. I thought surely things can't worsen so much over night. How wrong I was. From then on I found it difficult to do a lot of things, even taking a shower and drying myself was hard work.

Needless to say I went to see the doctor, and it wasn't long before I found myself in the middle of another angiogram. After already experiencing the procedure twice, I knew things weren't good when the lights came up after a large release of dye. Under normal circumstances if a stent is to be inserted it is done at this stage. The doctor was very good and did not hide anything from me, I needed a quadruple by-pass.

In the middle of March I was admitted to Blackpool hospital to have the operation. The morning after when I came round, I was told I had only had a triple because the blocking was too extensive in one of the arteries and it could not be done, which at the time made me think, I've just been through all that and I'll probably still feel like sh\*t when I go home.

For the next four days I had time to think and that's exactly what I did. I thought, I've just spent years taking advice and drugs that have not saved me from anything. In fact I've lived a life of misery and I've still ended up here at death's door. Stuff this. If I'm going to die, I'm going to live first. I felt like I had just woken up from a long nightmare.

A couple of days after leaving hospital I had a doctor's appointment. You can guess what the main topic of the conversation was, that's right, cholesterol. His first words were, now you can see the importance of lowering your cholesterol, but this time I was ready for him. I told him that my

mothers cholesterol count was only three, but her heart disease is so bad that she can't be operated on. That's because it's in her genes he replied. So I then said well of what use are cholesterol pills if there is nothing that can be done, and another thing, you should not be telling people that if it's in the family there is nothing they can do. People like my mother hang on your every word. In some places on the planet, a witchdoctor only has to point his death stick at someone and they'll be dead within hours. So, no thank you doctor, I will not be taking any more cholesterol pills. I'm on a mission to put things right. He said you need to look after your self man. I said doctor, analyse the statement you have just made, from now on that is exactly what I will be doing.

That is the end of part one.

There is quite a bit more to tell in part two but here is the end result of what I did.

In August 2014 I had been having restless nights, waking up sweating heavily and more than my share of indigestion. The last night that this happened, the indigestion got worse and worse until it was radiating down my arms and across my shoulders and neck. I was having a heart attack. I was rushed into hospital where I received treatment and was stabilised. A few days later an angiogram was performed to determine where the heart attack had occurred and to assess the damage and insert stents where necessary. Again, after the large amount of dye had been released, the lights were brought up and I thought, oh no please God not again. No pun intended, my heart sank. The doctor was a very likeable chap and he approached me wearing his baseball cap back to front, fluid dripping from the X-ray viewing monitor which came from the pipe that burst during the procedure. He then said to me. I couldn't put a stent in if I wanted to. There is nowhere to put one. I thought, oh Jesus, it's really bad. He said two of the three bye-passes you had have completely gone, completely blocked, there is no sign of them. I can't even see where the heart attack came from. I said, so what you're saying is, I'm really going to have to watch what I'm doing. I can't understand it, I was feeling good when I was out walking and seemed to be improving all the time. He said no. you can do what you like, go for it. Your heart is receiving fresh blood 100% everywhere. The elation I felt was indescribable.

What has happened is, my heart has junked the surgeons work and grown new blood pathways to everywhere to feed my heart. What is more, it seems to be improving all the time. So what I'm doing is working, not only is it working, It's enjoyable.

To find out what that is please read part 2. I have made this available free of charge. It was my intention to sell part 2 for fifty pence on Amazon, but after realising Amazon retains around 60% of the sale, it is not worth it.

Believe me it is worth reading. What I discovered seems to be a way of carrying out a mode of treatment, without all the p lava, that is known to cause new blood vessel growth, at the rate of millimetres a day, which you can perform at home in minutes, at a cost of next to nothing.

## **PART 2**

### **What I did after leaving hospital**

The first thing I did on arriving back home, was go to the fridge and kitchen cupboards and throw everything containing vegetable oil or margarine, yes, including the flora, into the dustbin. While I was lying in the hospital, I milled over in my mind why natural fat was bad for me. I thought, my body or animals store it to live on, surely nature wouldn't store poison. Nature would select the best possible nutrients to feed my body, and store it in the most compact form possible. This is when I decided that if nature didn't make it, I wouldn't eat it. Now you may say that nature makes vegetable oil, but it isn't created in litre bottles, it's created in tiny amounts within seeds, and if it is meant to be consumed, that is the form it should be consumed in. Well blow me, now what could I replace it with. The only natural thing I could think of was dripping, lard and butter, yum, yum. So I did.

Recently I came across an excellent book called The Big Fat Surprise by Nina Teicholz. This is an essential read if you have fears of eating real fat.

Now I know what you are thinking, his cholesterol must be through the roof, especially when I went back to eating sirloin steak, pork steak, bacon, lamb and chicken, including the legs and skin and eggs by the dozen. Well the truth is my cholesterol went down a bit. Oh, and by the way don't remove any of the fat, eat it all and do fry them in dripping or lard. The thing about cholesterol is it fluctuates. The reason it fluctuates, is that it is essential for bodily repair. If is high, it is required, so at such times reducing it would be detrimental and possibly damaging to your health. It is also used to digest fats and proteins along with other important functions. It is required by every single cell in your body to maintain cell health.

I went back to eating dairy products, cheese, cream etc. but I stopped using milk. The reason for this is that the homogenization process causes a reduction of size of fat globules. This process oxidises milk fats making them toxic to the body. It also causes a release of an enzyme, Xanthine Oxidase, which is harmful once artificially broken down into a smaller state. Xanthine Oxidase has been shown to adhere to arterial walls and is identified as causative in heart disease. My choice of milk substitute is unsweetened organic soya milk.

I do eat vegetables but the main part of my meals is protein. In the main I eat mostly veg that grows above ground, such as cauliflower, broccoli, cabbage, sprouts etc. I have things like carrots, turnip, parsnip etc. occasionally with the exception of onion which I eat often. Potato is also consumed sparingly, however, I do like them chipped, par boiled, shaken in a small amount of beef dripping and baked in the oven. I eat salad vegetables whenever I feel like them, even in a stir-fry and don't forget avocado's they're delicious.

I never did eat a lot of sweet sugary food, mainly usually on a Sunday, gateau and cream or something similar. However I did use to love cereals, bread, pies, etc. these foods are now eaten rarely because of the refined sugars they contain. At one time I was bordering on diabetes, my blood sugar was around 12-13, it is now between 5-6. I don't know if you are aware, but if you wasn't born with it, it is 100% curable. Here are a few herbs to get you on your way. Bitter melon, oregano and cinnamon. If you like your apple pie, make sure you add your cinnamon to help keep your sugar under control. You can also activate your adipose tissue by shivering. This will help to metabolise sugar and help you lose weight. So don't hold back on cold showers. If you have been keeping track of supposedly recent findings, it looks like sugar is the main culprit for a lot of health problems,

though the effects of sugar have been known since before the effects of tobacco were tested on the body. In the main, what I am saying is if it does not come in nature's packaging, don't eat it. This includes what I would call, the devil in God's clothing. In other words genetically modified foods, even your tin of beans or soup is laced with modified corn flour. One of life's essentials is water, make sure it is clean, if you can afford one buy a filter to remove the added chemicals. The water that leaves your tap is not what God intended you to drink.

I try to go walking daily and usually manage a good brisk walk at least five times a week, for around 45-90 minutes. If I feel anything detrimental, I try to carry on, nature is a marvellous thing, when you're under pressure it will do its best to divert resources and repair what is wrong within your body. In other words it will heal what's wrong. By the same logic, if you don't use it, it will not maintain it. Looking at nature, the planet uses flooding to raise the pressure of its rivers to clear blockages, or, to put it another way, clean its arteries. What this means is, whenever you take blood pressure lowering drugs, it reduces the body's ability to clear blockages, thus enabling the blockage to grow and cut off the flow of blood. Now I am not saying stop taking your drugs, but as you can see exercise is essential to raise your blood pressure, and as your resting blood pressure reduces, you should see your doctor about reducing the drugs accordingly.

I also take magnesium, it is required for hundreds of functions in the body, including the proper distribution of calcium, keeping it from the arteries and more in the bones. Also get plenty of vitamin C, which is essential for collagen production. If you remember the mariners of days gone by, the introduction of limes in their diet saved them from death from scurvy, which is leaking arteries. This is how the English got the name limeys (this is a bit of useless information). In our position we need to maintain artery health. All animals that eat meat make their own vitamin C, all except primates, who suffer from heart disease. It is an ancient DNA defect, probably caused purposely by some ancient evil rulers.

One of the first things you need to do for your general health is ensure oral health. When you have bad teeth or gum disease, you are constantly swallowing bacteria. Some of it can be very detrimental to your health. If you need to, get any bad teeth either removed or repaired. What I do is gargle and rinse my mouth with H<sub>2</sub>O<sub>2</sub>, that's hydrogen peroxide to you and me. I use it at a strength of 3% and make sure it is food grade. Now I know that if you are not familiar with this substance, you're going to say, that's bleach, you use it for bleaching your hair. What you don't know is, is that it was used extensively by the medical profession, until recent years. It was also used and prescribed by dentists and is still prescribed to cure serious gum disease. If you doubt its safety, it is found in fresh rain water and in the water at Lourdes and is used today by the food industry to sterilise food containers. If you want to know more about this natural miracle, read the book, the truth about hydrogen peroxide, it's free to download. It is just water with an extra oxygen atom.

I am now going to tell you about something in the body that you probably know nothing about and it is to do with healing. Healing within or without the body relies on a process called angiogenesis, which is a process that involves the creation and generation of new blood vessels. The blood vessels can also split and grow new branches. In fact, under the right conditions, this process can create new blood pathways at the rate of millimetres a day. It is well known that a wound that is uncovered heals faster than one that is dressed. This must indicate that something in the air is responsible, and that something is oxygen. I have come to this conclusion after I discovered that treatment in a hyperbaric oxygen chamber promotes this condition in the body. This treatment involves the body being subjected to oxygen under pressure, which leads to healing that won't normally take place.

I am now going to describe a process that you are already aware of and then one that suddenly hit me a few weeks ago, which could well be the reason for the angiogenesis in my own heart.

When you started with angina, you were given a nitro spray or tablets that you hold under your tongue. This allows the drug to penetrate the soft tissue within the mouth, directly into the blood stream as the blood is very close to the surface. As you know, it doesn't take long for the nitro to take effect. This is an effective and fast way to get things quickly into the blood stream, and what's more it targets the area of the neck and chest.

With the process above established and known, I am now going to describe what I have been doing to promote angiogenesis.

Putting a bottle cap full of hydrogen peroxide in my mouth, I first have a ten second gargle. I then start to rinse my mouth to release the oxygen from the solution. Keeping my mouth closed, I contain the pressure that builds due to the oxygen release and maintain this pressure and sometimes add a little more myself. I then carry on rinsing for about one and a half to two minutes and voilà, internal hyperbaric oxygen treatment for next to no cost, and what's more, just where it's required.

Also an essential thing to do is to relieve stress. There is a few things I've learned, and one of them is, if anything or anyone annoys or upsets you, It really is only you that it affects, so the first thing to do is change how you are feeling as fast as you can. At first this is hard to do, but with practice it can be done. The first thing to do is to imagine two scenarios, one from your life that was very enjoyable, and one that was bad. When you have relived the two situations you will realise that feeling joy wins hands down and if you feel the joy, you will notice the knot fading from your solar plexus. I try to maintain these thoughts while out walking as a form of meditation. This may sound strange, but the more you maintain good thoughts, the more good things seem to come into your life. I believe it's what they call the natural laws of attraction. A micro biologist by the name of Bruce Lipton is well worth listening to, particularly his biology of belief. You are born with your mothers genes, but only because you are born into the same environment. Change your environment, and change your genes, thus your body chemistry, and your life. It works.

A few things will change if you do the things I did, and those are, watch your blood pressure it will fall. Watch your blood sugar, it will fall. You will lose weight. You will start to be healthier and happier and the best of all, your once knackered heart will regenerate.

Good luck.

D. Fletcher.

Ps

Check out Linus Pauling's patented heart disease cure. It costs next to nothing and only uses natural means to clean your arteries.